



At the forefront
in the prevention
of genetic diseases



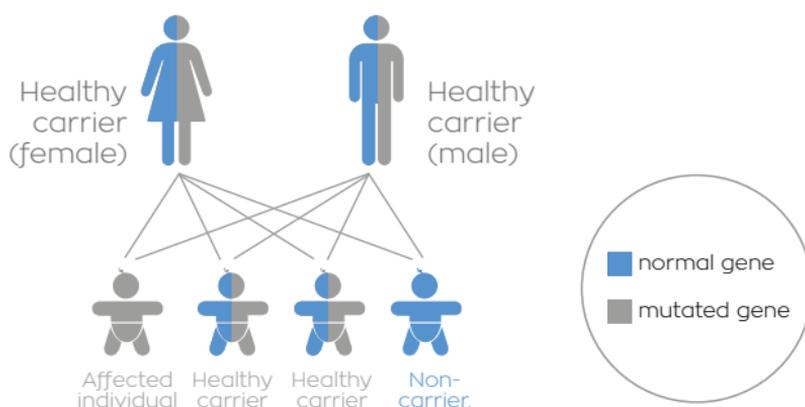
At Dexeus Mujer, we have extensive experience in the research and application of new techniques related to **women's health**.

We now have a groundbreaking genetic technique that allows us to **prevent many genetic diseases** before a child is born.

WHY DO GENETIC DISEASES ARISE?

We all have two copies of over 20,000 genes, which contain information that helps the body to grow, develop and function normally. One copy is inherited from the mother and the other from the father. Genetic diseases are caused by mutations in certain genes that prevent them from functioning properly.

10 OUT OF EVERY 1,000 CHILDREN ARE BORN WITH A GENETIC DISEASE



There is a 25% probability that a child will suffer from the disease if both parents are carriers.

GENETIC CARRIER TEST

This test allows us **to identify the presence of genes in future parents that could cause a genetic disease**, which could be passed on to their children. We can now detect more than 300 diseases, such as cystic fibrosis, spinal muscular atrophy, thalassaemia, congenital hypothyroidism and fragile X syndrome. These are diseases that could cause serious health problems for a child.

WHAT DOES THE TEST INVOLVE?

The test involves taking DNA from a blood sample from the father or the mother. We will have the results in 15 days and if a genetic mutation is detected, we will know the probability of your child suffering from the disease.

WHO SHOULD PERFORM THE TEST?

We all have mutations in our genes and the genetic carrier test is often the only way of finding out if these mutations could result in your child suffering from a disease. It is therefore recommended:

- **Before a pregnancy.** Professional medical organisations recommend that all women who wish to become pregnant should perform the test to reduce the risk of possible diseases being passed on to the child.
- **During reproductive treatment.** Future parents can perform this test to find out the risk of genetic diseases being passed on to their child and to discover the course of treatment that best fits their needs.

WHY PERFORMING THE TEST AT OUR CLINIC?

We are the first clinic in Spain that has **a unit specialising in preconception genetic advice** to detect whether parents are carriers of a genetic mutation in the genes that cause recessive diseases. One of our geneticists will go through your test results with you.

FREQUENTLY ASKED QUESTIONS

WHAT IS A CARRIER?

Carriers of a genetic disease are people who **do not suffer from the disease but who can pass it onto their children**. Carriers do not normally have health problems resulting from this genetic disease and may have no family history of it.

HOW ARE GENETIC DISEASES PASSED ON?

The probability of the carrier of a genetic disease having a child affected by this disease depends on the way in which the disease is passed on. The genetic carrier test is carried out for recessive genetic diseases, in which the child would only be affected **if the two copies of the gene passed on from its parents carry the mutation associated with this disease**.



I DON'T HAVE A FAMILY HISTORY OF GENETIC DISEASES. SHOULD I STILL PERFORM THE TEST?

We are all carriers of genetic mutations and some of them can cause our children to suffer from a genetic disease. **The genetic carrier test is the only way of determining whether both parents are carriers** of a certain genetic disease.

I HAVE HEALTHY CHILDREN. SHOULD I STILL PERFORM THE TEST?

We all have mutations in our genes. **Being the parents of healthy children does not necessarily mean that you cannot be a carrier of a genetic mutation.** Therefore, if you plan to have more children, the genetic carrier test can give you useful information about the health of your future children.

WHAT INFORMATION DOES THE TEST PROVIDE IF I AM A CARRIER?

You could be identified as a carrier of a genetic disease included in the test. This would mean that there is a possibility that your child may suffer from this disease. **If your husband or wife has not performed the test yet, it would be advisable to carry it out.** Or you could be told that you are not a carrier of a genetic disease included in the test. This would mean that the chances of having a child that may develop a genetic disease are dramatically reduced.

WHAT ARE MY OPTIONS IF THE TEST INDICATES THAT I HAVE A HIGH RISK OF GIVING BIRTH TO AN UNHEALTHY CHILD?

1. **Spontaneous pregnancy with prenatal diagnosis** during the first weeks of pregnancy to detect whether the child will be affected.
2. **In vitro fertilisation** with preimplantation genetic diagnosis.
3. **Assisted reproduction with the sperm or eggs** from a donor who is not a carrier of the disease.
4. **Take no action** and run the risk that the child may be born with a genetic disease.



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